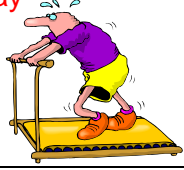
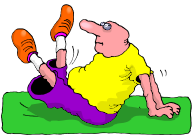






MOVE! Activity Log

<u>Day Week:</u>	<u>Activity</u>	<u>Time</u>	<u>Time Goal</u>	<u>MET</u> Y/N
Sunday 				
Monday 				
Tuesday 				
Wednesday 				
Thursday 				
Friday 				
Saturday 				

Please record your activity and activity time each day.
Indicate with a Y (yes) or N (no) if you met your daily goal.
Remember to share this information with your VA ***MOVE!***
staff. Have FUN with ***MOVE!***